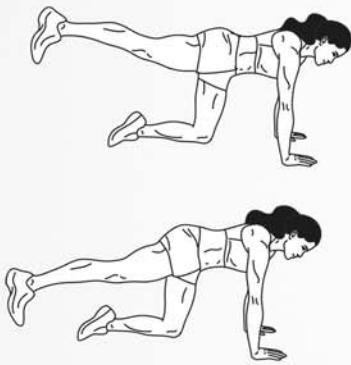
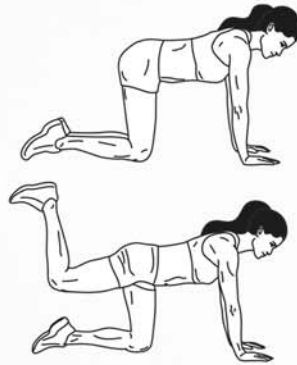


PRETTY LITTLE MONSTER

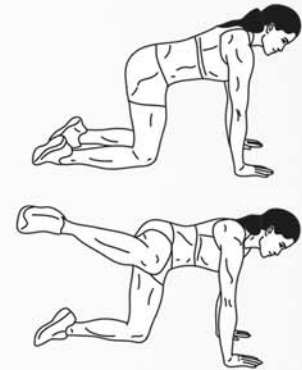
DAREBEE WORKOUT @ darebee.com



40 leg swings



40 leg extensions



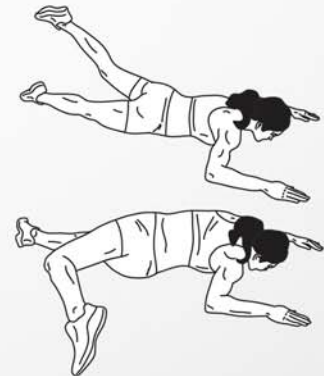
40 side leg extensions



4 downward upward dogs



10 glute flex



4 scorpion twists